



Kingsport Senior Center News

June 2013

Volume XXI Edition 6

1200 East Center Street
Kingsport, Tennessee 37660

Block Party '13

Friday, July 5
5:00-8:00pm
Front Lawn



Come and join us for food, fun,
dancing and entertainment.
Hotdogs will be served with all the
trimmings, as well as other
goodies! Also, take your shot and
dunk a staff member in our dunk
tank! Don't miss out on this
opportunity!



Featuring DJ Larry Brooks



Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center. For more information call the Center at (423) 392-8400 <http://seniors.kingsporttn.gov>

Center Hours

**Monday thru Friday 8:00am ~ 7:00pm
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665
(423) 765-9047**

**Hours: 9am to 2pm ~ Monday ~ Friday
(See Branch Site Page for more information)**

***The Exercise Room and Computer Lab will close 15 minutes prior to the closing of the Center.**

**Membership Dues
For Fiscal Year
July 1, 2013-June 30, 2014**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The Fun Begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
cindyprice@kingsporttn.gov
392-8402

Program Leader ~ Michelle Tolbert
michelletolbert@kingsporttn.gov
392-8404

Wellness Coordinator ~ Kevin Lytle
kevinlytle@kingsporttn.gov
392-8407

Program Leader ~ Marlana Williams
marlanawilliams@kingsporttn.gov
423-392-8405

Secretary ~ Marsha Mullins
marshamullins@kingsporttn.gov
392-8400, **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Branch Program Assistant ~ Diana Broyles
dianabroyles@kingsporttn.gov
247-5942

Nutrition Site Manager ~ Sona Bingham
246-8060

WELLNESS

BLOOD PRESSURE CHECKS

SunCrest Home Health Care will be at the Senior Center outside the Office for the month of June, every Tuesday and Thursday from 9:00 am to 11:00 am to do blood pressure checks.

TOURNAMENTS

Table Tennis Tournament: We will host a table tennis tournament on **Wednesday, June 12, 2013** at 1:00 pm in the Gym. Cost is \$2.00 per person due day of tournament. We will need 12 to sign up for tournament to be played. This tournament will be doubles play, best of three games with double elimination. Prizes for 1st, 2nd, and 3rd place only. Sign up in the Office.

Pickleball Tournament: Due to the summer program schedule for Parks & Rec., the tournament has been rescheduled for **Friday, August 9, 2013** at 10:00 am at Lynn View. This tournament will be doubles playing the best three games, with double elimination. The tournament will be rally score to 11 points, teammates will be drawn randomly; with prizes awarded to 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign up in the Office.

Tournament Winners

Billiards - Held on Wednesday, April 24, 2013:
1st place: John Roberts, 2nd Place: Jim Parker, and 3rd Place: Rodger Meade

Shuffleboard - Held on Friday, April 26, 2013:
1st Place: Charles Gray / Ann Easterling, 2nd Place: Joyce Manis / Virginia Fleenor, and 3rd Place: Rose Rowland / Gladys Haynes

FIRST DISTRICT SENIOR OLYMPICS

For the following counties: Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, and Washington. **State Senior Olympics** dates are June 24 - 27, 2013, **National Senior Olympics** dates are July 19 - August 1, 2013, and **First District Senior Olympics** dates are September 14 - 21, 2013, entry deadline TBA. For more information call Teresa Sutphin, Coordinator at 423-722-5120 or visit the web site: www.tnseniorolympics.com.

Life Quote of the Month

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these.
George Washington Carver

HEALTH & WELLNESS FAIR

The Kingsport Senior Center’s Health & Wellness Fair will be on **Tuesday, June 18, 2013** on the 1st floor from 9:00 am to 11:00 am. **NOTE:** Registration will not start until 9:00 am! Come join us for a day of Wellness. Blood Pressure checks, and Chair Massages. Door prizes will be given during the Health Fair and you must be present at the time names are drawn to win. Mark your calendar for this very important date to be a part of the fun. Participating Organizations below.

- AARP
- Amedisys Home Health
- Asbury at Home
- Asbury Place at Kingsport
- Asbury Place Steadman Hill
- Comprehensive Weight Management Center
- Crest Point Health
- Elmcroft Senior Living
- Emeritus at Kingsport
- First TN Area Agency on Aging & Disability
- First TN Human Resource Agency
- Friends of the Senior Center
- Gastroenterology Associates
- HealthSouth Rehab., Hospital of Kingsport
- Holston Medical Group
- Home Instead Senior Care
- Mac’s Medicine Mart
- Mary Kay
- Mountain State Health Alliance
- Smoky Mountain Home Health
- SunCrest Home Health
- United HealthCare
- Victory Orthotics & Prosthetics
- Walgreens
- Wellmont - The Hearing Center
- Windsor Health Plan

Lunch & Learn Spinal Awareness: This seminar will be presented by Dr. Galen Smith from Associated Orthopedics, on **Tuesday, July 30, 2013** in Room 239 from 10:30 am to 11:30 am and lunch at 11:30 am. Topic of discussion will be “Treating back pain, vertebral compression fractures, and maintaining a functional quality of life”. Lunch will be served and you must reserve a seat to attend. So stop by the office or call 423-392-8400 to sign up, there is a limit of 50 seats available. Sign up starts on Wednesday, June 19, 2013.

FACTS OF LIFE

1.4

PERCENTAGE OF PEOPLE IN THE UNITED STATES WHO MEET THE DIETARY GUIDELINES FOR POTASSIUM (4,700 MILLGRAMS A DAY)

SOURCE: American Journal of Clinical Nutrition

Daily Activities and Classes at the Center

Monday

SilverSneakers Muscular Strength
and Range of Movement ~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310*
Quilting ~ 9:00 ~ Room 303*
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45
Beginning Clogging ~ 10:00 ~ Room 302*
Hand building~ 10:00 ~ Ceramic/Clay Room
Strength Training ~ 10:15 ~ Gym
Beginning Belly Dance ~ 11:30 ~ Room 302*
Lap Swimming ~ 12:30-1:00~ DB Pool
Knitting ~ 1:00 ~ Room 303*
Table Tennis ~ 1:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 8:00-2:00 ~ Multipurpose Room ~
(appointment only) ***See info on page 8***
Zumba Fitness ~ 8:15 a.m. (Beginning June 4) **NEW***
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 9:30 ~ Gym
Basket weaving ~ 9:30-12:30 Room 303*
Renaissance Strings ~ 10:00 ~ Atrium*
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Dulcimer ~ 11:00 ~ Atrium*
Good Neighbors ~ 12:15 ~ Lounge
Jam Session ~ 12:30 ~ Cafeteria
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Karaoke ~ 4:00 ~ Cafeteria (3rd Tuesday)*
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Muscular Strength
and Range of Movement~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310*
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Intermediate HandBuilding~10:00~Ceramic/Clay Room*
Strength Training ~ 10:15 ~ Gym

Clogging ~ 11:15 ~ Room 302*
Hand and Foot Card Game ~ 12:30 ~ Card Room
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Table Tennis ~ 1:00 ~ Gym
Belly Dancing ~ 1:00 ~ Room 302*

Thursday

Zumba Fitness ~ 8:15 a.m. (Beginning June 4) **NEW***
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Exercise for Everybody ~ 10:30 ~ Gym
Good Neighbors ~ 12:15 ~ Lounge
Jam Session ~ 12:30 ~ Cafeteria
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym
Ballroom Dance ~ 5:00 ~ Room 302*

Friday

SilverSneakers Muscular Strength
and Range of Movement ~ 8:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Mahjong ~ 1:30 ~ Multipurpose Room
Art Class ~ 2:00 ~ Room 303*

Saturday

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym

***Any class with an asterisk next to it will end the week of June 10th and will resume week of August 26th*
~ Tai-chi will be held at 7:30a.m. at Memorial Park on Mondays and Wednesdays beginning June 17th~**

TRAVEL AND SPECIAL EVENTS



Betty Jones at this years Volunteer Luncheon.

Bob Ross Style Painting Class

Wednesday, June 19, 2013
Room 303
10:00am-2:00pm
Cost: \$50.00 payable at signup

Instructor: Jay Holdway

Supplies provided

Bring your lunch!!

Sign up began May 15.

Quilting on a sewing machine

Monday, June 24
And
Wednesday, June 26, 2013

Room 303
9:00am-1:00pm

This is an adult-ed class
Cost: \$20.00 for seniors
\$25.00 for non-seniors
(payable 1st day of class to instructor, John Plutchak)

Bring your sewing machine and know how to use it

4 hour workshops including: Day 1: Learn about quarter inch seams, rotary cutting, simple piecing techniques, assembly and adding borders.

Day 2: Learn about "sandwiches", basting, beginning quilting and adding binding.

Sign up began May 24.



Did you know we have intergenerational programs throughout the year?

TRAVEL AND SPECIAL EVENTS

Flat Rock Playhouse Presents:
"Les Miserables"

Thursday, August 8, 2013
9:15am-7:00pm
Flat Rock, NC

Cost: \$44.00 bus/ticket

Lunch on your own at Cracker Barrel

This international sensation may be the most popular musical in the world. Epic, grand and uplifting, *Les Misérables* packs and emotional wallop that has thrilled audiences for a generation, and now for the first time, it will be on the Flat Rock stage. Set in early 19th-century France, *Les Misérables* is the story of Jean Valjean, a French peasant of abnormal physical and moral strength, and his never-ending quest for redemption. After serving 19 years in jail for having stolen a loaf of bread for starving relatives, Valjean decides to break his parole and start his life anew, but he is relentlessly tracked down by a police inspector named Javert. Along the way, Valjean and his cohorts get swept into a revolutionary period in France, where a group of young idealists make their last stand at a street barricade. Our all-new production will feature a cast of thirty performers and a new production design that will make this musical a "can't miss" summer event!

Sign up begins June 20.

Downtown Gatlinburg Shopping
and Lunch

Friday, July 26, 2013

8:30am-6:30pm

Cost: \$8.00/Lunch on your own



Sign up begins June 7.

Travelers! Help us plan!

The Kingsport Senior Center travel committee has chosen to consider two different larger trips for 2014. We need your help in determining the level of interest for both.

Please call Marlana 423.392.8405, or Shirley 423.392.8403, to express your interest in either or both of these trips. This will help us determine whether or not to consider making the reservations.

17 Days and 16 Night Vacation Including a 15
Day/14 Night Australia & New Zealand Cruise
Aboard Celebrity's "Solstice"
January 19-February 3, 2014

Includes: Time in Sydney, Australia, Hobart, Tasmania, and many different sites in New Zealand.

Prices include round-trip airfare, 2 night hotel accommodations in Atlanta, GA, Cruise, Cabin, Shipboard Meals, Port charges, Taxes and Transfers in Auckland and Sydney
Prices: \$4849.00 per person, Inside Cabin~~\$5399.00 per person, Balcony Cabin

Dancing with the Stars: At Sea
Aboard Holland America's Nieuw Amsterdam
8 Days/7 Nights ~~ January 5-13, 2014

Experience the excitement of Dancing with the Stars during your cruise, with celebrity hosts and professional dancers—You won't want to miss the opportunity to learn from the pros and experience the dazzling productions and glamorous costumes. Participate in a complementary dance class based on the dance routines from the ABC smash hit show, Dancing with the Stars. And compete in the Dancing with the Stars: at Sea Competition

Visit Grand Turk, Turks and Caicos, San Juan, Puerto Rico, St. Thomas, and Half Moon Cay, Bahamas, while on cruise in the Eastern Caribbean!

Price includes roundtrip airfare from Tri Cities Regional Airport, cruise, port charges, fees, taxes, and transfers to/from ship.

Prices range from \$2135.00 to \$2665.00, depending on cabin category selection.

Your Page

From the Dancing Corner

JUNE DANCE AT THE RED ROOM

The June dance at THE RED ROOM will feature the LIMITED EDITION on Friday, June 14, 2013. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$8.00 per person or \$15.00 per couple. Please DO NOT bring food to this dance. A concession stand is available.

By popular request, LIMITED EDITION returns to the Kingsport schedule. Bruce and Bink Rush have been entertaining dancers for many years. They have a wide variety of music styles and genres, including country, ballroom, latin and rock. Bruce on keyboard and Bink with his guitar (and occasional banjo) will provide a pleasurable evening. Come out and enjoy the music and dancing!

THE RED ROOM is located at Highway I-81, Exit 66, 234 Carolina Pottery Drive, Blountville, TN.

Friends of the Kingsport Senior Center Presents

JUNE DANCE

Friday 6/14/2013
6:30-10 P.M

THE RED ROOM
234 Carolina Pottery Drive
Blountville, TN

Admission:
\$8/person
\$15/couple

LIMITED EDITION

Contact: 423 288-2668



A New Beginning

Thursday, June 20, 2013

(Meets the 3rd Thursday of each month)

Multipurpose Room

4:30pm-5:30pm

FREE

Leader: Ben Hubert

In this group we re-learn how to enjoy life when we have suffered a loss. Come enjoy light refreshments and learn what this group is all about.

Advanced Pennywhistle

June 25, 2013-July 30, 2013
(Tuesday's Only)

Room 303

1:00pm-2:00pm

Cost: \$10.00 per class
paid to instructor

Instructor: Martha Egan

Sign up began May 24.

NEWS TO USE	
<p>Young people have theirs, now seniors have their own texting codes:</p> <p>ATD- At the Doctor’s BFF– Best Friends Funeral BTW– Bring the Wheelchair BYOT– Bring Your Own Teeth CBM– Covered by Medicare CUATSC-See You at the Senior Center DWI– Driving While Incontinent FWIW– Forgot Where I was GGPBL– Gotta go, Pacemaker Battery Low GHA– Got Heartburn Again HGBM– Had Good Bowel Movement LMDO-Laughing My Dentures Out LOL– Living on Lipitor OSG– Oh! Sorry, Gas TOT– Texting on Toilet WAITT– Who Am I Talking To?</p> <p>Hope these help! GGLKI (Gotta Go, Laxative Kicking In!)</p>	<p><u>A Tasty Treat from Marsha</u></p> <p><u>French Toast Casserole</u></p> <p><u>Ingredients:</u></p> <p>1 cup brown sugar, packed (I used 1/2 cup Splenda brown sugar) 1/2 cup butter 2 cups corn syrup (I used about 1/2 cup) 1 loaf French bread, sliced (may use Italian, Sour Dough, or other loaf type bread of your choice) 5 eggs, beaten 1 1/2 cups milk (I used Almond Milk) 1 tsp. vanilla extract Garnish: powdered sugar, maple syrup* 1 1/2 cups chopped pecans (optional)</p> <p><u>Directions:</u></p> <p>Melt together brown sugar, butter and corn syrup in a saucepan over low heat; pour into a greased 13x9 baking pan. Arrange bread slices over mixture and set aside. Whisk together eggs, milk and vanilla; pour over bread, coating all slices. Cover and refrigerate overnight. Uncover and bake at 350 degrees for 30 minutes, or until lightly golden. Sprinkle with powdered sugar; serve with warm syrup. Makes 6-8 servings.</p> <p>*Note: I didn't use the maple syrup in order to cut down on the sugar content of this recipe. The brown sugar, butter mixture has a syrup effect, thus requiring less syrup.</p>
<p>Massage Information:</p> <p>Cheryl Merrican will be taking over massage from 9-2 every Tuesday. Anyone wanting to schedule a massage will need to call Cheryl at 423-791-4222.</p> <p>Debra Frieze will be leaving July 29 for Kampala, Uganda in Africa. She will be working with special needs children at Heritage International School which serves the children of missionaries working in the nearby villages. She will return in June 2014.</p>	

Computer Classes

Must sign up in advance of first class

How to buy a computer tablet: Ipad, etc

Tuesday, June 11
10:00am-Noon
\$10.00 payable day of class to instructor
Instructor: Jonathon Salyer
Sign up by June 7.

P.C. Basics

Tuesday, June 18
10:00am-Noon
\$10.00 payable day of class to instructor
Instructor: Jonathon Salyer
Sign up by June 14.

Social Media 101 : Facebook and Twitter included

Tuesday, June 25
10:00am-Noon
\$10.00 payable day of class to instructor
Instructor: Jonathon Salyer
Sign up by June 21.



Generations Online Internet Class

Mondays, Wednesdays and Fridays
1:00pm - 5:00pm

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you. Please call 392-8433.

Computer lab is available
for use unless a class is
scheduled.

KARAOKE



Will resume in September!

Genealogy Group

9:00am
Each Friday
Computer lab



Check out the Lynn View
Artisan
Center

Library Book Day

Thursday, June 20, 2013

Spring 2013 BRANCH SITE SCHEDULE

Core Conditioning

- Tuesday and Thursday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Drawing

- Wednesday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

Advanced Drawing

- Wednesday
- Time: 9:00am –11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- **WILL NOT MEET JUNE &JULY**

Line Dance - Intermediate

- Monday
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- **WILL NOT MEET JUNE & JULY**

Advanced Yoga

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

Private Personal Training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- No June meeting
- 9:00am
- Lynn View Branch Site
- Please call for reservation

Strength Training

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Yoga

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesday 10:45am
- Location: Lynn View Branch Site
- Instructor: BJ Goliday
- Minimum of 8 students required

SilverSneakers Yoga Stretch

- Monday and Wednesday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Diane Broyles

SilverSneakers Muscular Strength and Range of Movement

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Piloxing (WILL NOT MEET JUNE & JULY)

- Tuesday and Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

Total Body Workout

WILL NOT MEET JUNE & JULY

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

Game Day

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

Pickleball

- Monday, Wednesday & Friday
- Time: 2:00pm - 4:00pm
- Lynn View Branch Site

Ageless Grace (WILL NOT MEET JUNE & JULY)

- 6 week class
- Wednesday
- Time: 11:30am
- Location: Colonial Heights Baptist Church
- Instructor: TBA

Indoor Walking

- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.



Zumba Gold (lower impact)

- Wednesday and Friday
- Time: 11:00am
- Lynn View Community Center
- Instructor: Rita Justis

Artists Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Diane at 423 765 9047.

Visit our website
www.kingsportseniorartisancenter.com
And like us on Facebook

<div data-bbox="108 475 687 615">  </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p>JOB SKILLS</p> <p><u>21ST CENTURY JOB SEEKING *NEW</u></p> <ul style="list-style-type: none"> • 8 weeks • Fee \$100 • Instructor: Jamie Cyphers • Wednesday 6:00pm - 8:00pm • Location: Computer Lab, Senior Center • Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview <p><u>2008 National Electric Code (Commercial)</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee: \$70 • Monday 6:00pm - 8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>2008 National Electric Code (Residential)</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee \$70 • Monday 6:00pm-8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></p> <ul style="list-style-type: none"> • Part II • 10 Weeks • Fee: \$165 • Tuesday 6:00pm - 9:00pm • Instructor: Jim Dotson • Location: Multipurpose Room, Renaissance Center <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take</p>	<p>your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><i>CULTURAL/ARTS/CRAFTS</i></p> <p><u>Card Making Workshop</u></p> <ul style="list-style-type: none"> • Instructor: TBA • Fee: \$10/includes materials • Location: Lynn View Community Center <p>You will make five cards and take materials home to make five additional cards.</p> <p><u>Beginning Clay</u></p> <ul style="list-style-type: none"> • 8 weeks class • Tuesday, 6:00pm-8:00pm • Fee: \$60 plus \$10 clay and \$10 firing fee • Instructor: TBA • Minimum: 8 students • Maximum: 15 students <p>This is a beginning hand building clay class. You will learn basic hand building techniques. You will complete eight different projects.</p> <p><i>HEALTH/EXERCISE</i></p> <p><u>Beginning Golf Lessons</u></p> <ul style="list-style-type: none"> • 6 weeks class • Fee: \$25 • Tuesday, 6:00pm • Instructor: TBA • Call for more information <p><u>Personal Training with Chris</u></p> <ul style="list-style-type: none"> • Instructor: Chris Hicks • Available by the hour or as package • Contact Chris (423-741-5643) <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none"> • 6 weeks • \$25 fee per session • Thursday, 5:15pm • Instructor: Becky Mills • Location: Lynn View Community Center, Cafeteria <p><u>Piloxing</u></p> <ul style="list-style-type: none"> • Tuesday, 6:00pm • Instructor: Becky Mills • Limited to 15 participants • \$30.00 payable first night of class 	<p><i>DANCE CLASSES</i></p> <p><u>Beginning Line Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class • Fee: \$25 • Instructor: Lyna Faye McConnell • Thursday, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Couples Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class • Dates same as Line Dance • Fee: \$25 or free if you take Line Dance class • Instructor: Lyna Faye McConnell • Wednesday, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Salsa Dance</u></p> <ul style="list-style-type: none"> • 4 weeks class • Fee: \$10 for 4 weeks/8 classes • Tuesday and Thursday • Time: 1:00pm • Room 302, Renaissance Center • Instructor: BJ Goliday <div data-bbox="1318 1765 1915 2160">  </div>
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Senior Fest '13

Daily Schedule

<u>Monday, July 15</u>	<u>Tuesday, July 16</u>
Biscuits for the first 100 participants provided by Friends of the Senior Center (Ceramic room hallway)	
8:30a.m.-Tai-Chi demo (front lawn)	8:15a.m.– Zumba demo (Gym)
8:30 & 9:15a.m.– Aerobic Demo (gym)	9:00a.m.– Music by Harry and Jan Rose (Atrium)
9:00a.m.-Noon– Music by Harry and Jan Rose Hall (Atrium)	9:00a.m.– Flower arranging with Janet, Fresh Market (Card Room)
9:00a.m.-Quilt Show for current quilting class participants (Multipurpose Room)	9:00a.m.– Basket Making (Room 303)
9:00a.m.-Bottle Ball Toss (Atrium)	9:30a.m.– Ping Pong Bounce (Atrium)
10:00a.m.– Corn hole tournament (Atrium)	10:00a.m.– Renaissance Strings Perform (Atrium)
10:15a.m.– Strength training (gym)	10:15a.m.– Sing Along (Cafeteria)
11:00a.m.-Happy Day Singers (Atrium)	10:30a.m.– Exercise for Everybody (Gym)
12:30p.m.– Door prizes– Must be registered and present to win (Atrium)	11:00a.m.– Cake Walk (Cafeteria)
	12:30p.m.– Door Prizes– Must be registered and present to win (Atrium)

Wednesday, July 17

- 8:30a.m.– Senior Olympic Breakfast (Cafeteria)
- 9:00a.m.– Piano Music by Freda (Atrium)
- 9:00a.m.– Open Woodshop
- 9:00a.m.– Aerobics for the brain: Improving Brain Function (Room 239)
- 10:30a.m.– Aerobics for the brain: Food for thought (Room 239)
- 10:30a.m.– Hand and Foot Card demo (Card Room)
- 12:30p.m.– Door Prizes– Must be registered and present to win (Atrium)

Thursday, July 18

- 8:15a.m.– Zumba Demo (Gym)
- 8:30a.m.– Aerobics for the Brain: Nudging Your Neurons (Room 239)
- 9:00a.m.– Bingo (Cafeteria)
- 9:00a.m.– Corn Hole Toss (Atrium)
- 10:00a.m.– Aerobics for the Brain: Sharpening the Brain (Room 239)
- 10:00a.m.– Health ways lunch-Brain fitness/exercise demos (Front Lawn)
- 12:30p.m.– Door Prizes– Must be registered and present to win (Atrium)

Friday, July 19

- 8:30a.m.– Omega Challenge– Face Race (Computer lab)
- 9:00a.m.– Music by Harry and Jan Rose Hall (Atrium)
- 9:00a.m.– Shuffleboard (Atrium)
- 9:30a.m.– Genealogy Seminar (Room 239)
- 10:00a.m.– Herbs and Spices/Everyday Mana (Room 310)
- 11:00a.m.– Gladys Knight and The Peeps and New Vision Youth Skit (Theater)
- 12:30p.m.– Door prizes-Must be registered and present to win (Atrium)

Mother's Day '13 Party

**Fun was had by all at the
Afternoon Tea Party , May
7th!**

**Thank you Reeda Tate, Good
Foods Grocery, Mac's
Medicine Mart (presentation
and tea), Donna Baker,
Smoky
Mountain Home Health and
Hospice (refreshments) and
Michelle Bolling and Emeritus
for fruit and hand sanitizer!**



Kingsport Senior Center and Kingsport Aquatic Center Offer Big Savings for Seniors

SilverSneakers Card Holders Receive Free Memberships and Exclusive Discount on Aquatic Classes

SilverSneakers card holders can stay active at very low cost through both swim and gym programs with free memberships to both the Kingsport Senior Center and the new Kingsport Aquatic Center, a savings of over \$245 per year. Plus Kingsport Senior Center members receive a special members-only 20 percent discount on classes at the Aquatic Center.

SilverSneakers is the nation’s leading fitness program designed exclusively for older adults. It is a benefit offered through most Medicare plans and health care plans for those who are Medicare-eligible. To check health plan participation, visit <http://www.silversneakers.com>.

Now SilverSneakers card holders can join both the Kingsport Senior Center and the new Kingsport Aquatic Center free of charge and receive:

- Unlimited access to the Kingsport Senior Center, including fitness classes, SilverSneakers classes, fitness room use and more
- Access to the Kingsport Aquatic Center indoor and outdoor facilities including open swim, therapeutic pool, shower rooms, SilverSneakers Splash classes and more
- Customized SilverSneakers classes designed exclusively for older adults who want to improve strength, flexibility, balance and endurance
- Health education seminars and other events that promote the benefits of a healthy lifestyle

For those who like low-impact water exercise, the coming-soon SilverSneakers Splash at the Kingsport Aquatic Center will offer lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

For landlubbers, the Kingsport Senior Center offers a variety of senior-focused fitness programs including SilverSneakers Yoga and Yoga Stretch classes; Muscular Strength and Range of Movement classes; and Get Up & Go aerobics.

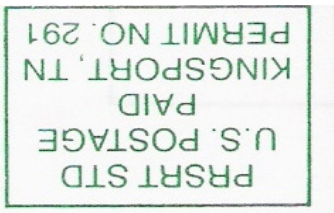
All SilverSneakers classes are offered free with membership. And as a bonus, Senior Center members only receive 20 percent off any other classes offered at the Kingsport Aquatic Center.

To sign up for the free Kingsport Aquatic Center membership, seniors should bring a SilverSneakers card to the center at 1820 Meadowview Parkway. For the free Kingsport Senior Center membership, visit the Kingsport Senior Center at 1200 E. Center St.

Kingsport Aquatic Center, 1820 Meadowview Parkway
<http://www.swimkingsport.com>
Monday-Friday, 5:30 a.m.-9:30 p.m.
Saturday, 8 a.m.-6 p.m.
Sunday, 11 a.m.-6 p.m.

Kingsport Senior Center, 1200 E. Center St.
<http://seniors.kingsporttn.gov>
Monday-Friday, 8 a.m.-7 p.m.
Saturday, 9 a.m.-noon





Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400

Father's Day Picnic

Thursday, June 13

Bring your fishing pole!

Allandale Pavilion

11:30am-1:00pm

Entertainment by:
Mark Larkins

Cost: Bring a side dish

Hamburgers will be served!

Sign up began May 22.